

THE RECONNECTING ROADMAP

1

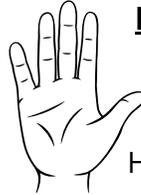
MAKE SENSE OF HOW PEOPLE RESPOND DURING & AFTER BIG EVENTS

► Understand parts of the brain & how they affect the way we show up



Thinking Brain

Controls critical thinking, problem solving, & our ability to communicate & be creative.



Emotional Brain

Houses our attachments & memories. Helps assess safety & danger.



Survival Brain

Controls vital functions like heart rate, breathing, & muscles. Doesn't understand words.

When we are jolted, our Thinking Brain goes offline & our Survival Brain takes over, activating our survival responses & affecting what zone we're in.

► Recognize common survival responses & what zone people are in



Amped Up

When we experience a jolt, we are flooded with energy to respond. This can look like fight or flight.



Resilient Zone

This is where we are most able to deal with the world around us. We can connect with others.



Shut Down

If we can't use our stress energy, we may get stuck. This can look like freeze, submit, or collapse.

2

TRY TOOLS TO HELP SETTLE THE NERVOUS SYSTEM DURING HARD TIMES

► Use Rapid Resets to move stress energy



Heavy Work

Use big muscle groups to burn energy. Vacuum, lift weights, or do yard work.



Tap Side-to-Side

Cross your arms & tap your hands side-to-side. Go back & forth, at whatever speed feels good.



Take a Walk

Pay attention to the physical feelings of walking. Notice your feet hitting the ground, your muscles in motion.

To really boost the impact of Rapid Resets & other Resiliency Tools we need to notice physical cues of safety.

► Take 20 seconds to notice physical cues of safety



By tuning into any positive physical cues of safety, like our breathing, heart rate, muscle tension, or temperature we can give our Survival Brain the message that we are safe in this moment.

We can help someone notice by saying:

- What do you notice with your breathing/heart rate/muscles/temp?
- I saw you take a big sigh as you said that.
- I could see your shoulders relax a little.



Encourage them to spend 20 seconds noticing.

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3

USE SIMPLE STRATEGIES TO CONNECT WITH SOMEONE WHO IS OVERWHELMED

► Connect through questions



What's going on?

Hold space for the other person by asking this simple question. Asking this first allows them to share whatever is coming up. Their response may feel sprawling at first – that is okay.



What's the hardest part?

Use this question to help them zero in on what's most difficult in this moment. This also lets them know you are listening & seeking to connect, even in the face of these hard things.

► Connect with our responses

As they're sharing, we want to continue to let their amygdala know they are safe by mirroring & empathizing.



Mirror the other person

Listen without responding or judging. Match their words. Mirror their expressions.



Empathize with their experience

Validate their experience & empathize by saying:
"That makes sense to me"
"You make sense to me"
"I get that"

► Connect by Highlighting what's helping



During hard times, we tend to notice only what is wrong & often miss what's helping. This can cause the hard story to get stuck on repeat, continually jolting us. We want to widen the lens to notice something helpful that exists right beside the awful stuff. Doing this can help prevent long lasting effects of the hard thing.

Try asking:

- What's getting you through?
- Who or what is helping?
- When was the moment you knew you were going to be okay?
- Has there been a moment in this when you have felt slightly calmer – even for 30 seconds?

Encourage them to tell you more details about their Highlight & notice any physical cues of safety afterwards.

► Normalize release sensations

After big events, once someone begins coming back into their Resilient Zone, it is normal to experience a release. This is our bodies' way of using the remaining big energy in our nervous system. You can help by normalizing these responses when they occur, so that the other person doesn't try to override what's happening.



- Tears or wetness around the eyes
- Trembling or shaking
- Burping or yawning



- Sighing or exhaling
- Heat or warmth
- Vibration or tingling